



## Menstrual Equity Position

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### **Position on Menstrual Equity:**

The State of Iowa Youth Advisory Council supports period products being provided in all restrooms at no cost, along with the exemption of period products from sales tax. Every year, millions of students do not have access to proper sanitary menstrual products. Studies have shown that 20% of biological females miss school due to the lack of menstrual products.<sup>1</sup> Students who come from low-income households that cannot afford proper menstrual products do not have access to safe, sanitary products. Health risks come when there is an inadequate access to menstrual products. Wearing a tampon more than the 8-hour time limit can cause one to develop an irritation or infection, including the life-threatening complication of Toxic Shock Syndrome.<sup>2</sup> Students are also using unsanitary items such as toilet paper in lieu of these products, which puts them at a higher risk of infection. Period products should be provided, exactly how toilet paper is provided.

Regards,

State of Iowa Youth Advisory Council

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<sup>1</sup> <https://www.k12dive.com/news/report-finds-period-poverty-a-top-reason-girls-miss-school/565424/>

<sup>2</sup> <https://www.mayoclinic.org/diseases-conditions/toxic-shock-syndrome/symptoms-causes/syc-20355384>